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| **Noticing**  |
| 1.What is this BLP muscle?  |
| 2.How will this BLP muscle help me with my learning? |
| 3.What targets will I set myself for this half term? |

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| **Capitalising**  |
| 1.What is this BLP muscle? |
| 2.How will this BLP muscle help me with my learning? |
| 3.What targets will I set myself for this half term? |